

Stew Smith's Downloadable Workout Series

Six Week Running Program for the 1.5 and 2 mile timed run test

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Waiver of Liability

What you are about to undertake is an advanced fitness program. Injuries may occur in any workout program as with this specific program written by Stew Smith. By downloading the program, you are waiving any liability to Stew Smith or StewSmith.com. This is a recommended program that has worked for many others. It may not be right for you. It is recommended that you consult a physician before undertaking any new fitness regimen.

About the Author



Former Navy Lieutenant (SEAL) Stew Smith graduated from the United States Naval Academy in 1991 and received orders to Basic Underwater Demolition/SEAL (BUD/S) training, (Class 182). He has written workouts that prepare future BUD/S students for BUD/S since 1991, which are still in use today by SEAL recruiters - **The BUD/S Warning Order** and the books "**The Complete Guide to Navy SEAL Fitness**" and "**Maximum Fitness.**"

Stew Smith writes about fitness and acing physical fitness tests and is the founder of Heroes of Tomorrow Fitness – an online fitness resource for people seeking military or law enforcement professions. The following list is the published books he has written and the eBooks to his credit as well. All books and eBooks are fitness related and are simply written accounts of his experience as a trainer and his own athletic history. He is certified by the National Strength and Conditioning Association as a strength and conditioning specialist (CSCS) These books and eBooks can take you from beginner to a combat conditioned veteran. Let these workouts assist you in becoming a better conditioned athlete.

Stew Smith's Published Books

The Complete Guide to Navy SEAL Fitness

Maximum Fitness – The Complete Guide to Navy SEAL Cross-training

The SWAT Workout

Common Sense Self Defense

The Special Operations Workout

The TV Watchers Workout

The Complete List of Stew Smith's eBooks:

General Fitness and Nutritional Guides for Everyone

The 45 Day Beginner Guide to Fitness

The 45 Day Intermediate Guide to Fitness

The Six Week Advanced Weights and PT Program

The Diabetic Prevention Workout / Diet

The Teenaged Athlete Workout

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Navy SEAL Workout Phase 4 – Grinder PT –4 weeks before Hell Week

Navy SWCC Workout

Navy OCS Workout

Air Force OTS / Basic Workout

The Service Academy Workout (West Point, Navy, Air Force Academy)

The Navy, Air Force, Marine Corp Bootcamp Workout

The Army PFT Workout

The Army Air Assault School Workout

The Army Airborne Workout

The Army Special Forces / Ranger Workout

USMC RECON Workout

USMC OCS / TBS Workout

Air Force PJ / CCT Workout

US Coast Guard Helicopter Rescue Swimmer and Navy SAR Workout

The Law Enforcement Physical Fitness Test Workouts

The FBI Academy Workout

The DEA Workout

The FLETC Workout – Ace the PEB (Border Patrol, ATF, etc)

The State / Local Police Academy Workout

The Public Safety Diver Workout

The Fire Fighter Workout

Stew Smith's eBooks are sold on the following sites:

www.stewsmith.com
www.heroesoftomorrow.org
www.military.com
www.navyseals.com
www.sealstrike.com

And his published books can be found at local book retailers as well as www.amazon.com
www.bn.com
www.getfitnow.com

Contact Stew Smith (Email, mail, phone)

As part of the downloadable, you do have access to email me at anytime and I will answer your questions as soon as possible.

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Running Program Explained

It never fails – unless you are a cross-country runner or track star in high school or college – you will probably have a problem with running a timed run at an above average pace. The reasons for this can range from being a little heavier and stronger in the upperbody to never having run timed runs that you consider long distance running anything in the 1 mile range.

The truth is anyone can be a faster runner – it takes time, hard speed work, flexibility, and in some cases weight loss will help more than anything.

This eBook running program supplement is designed to assist with increasing speed, endurance, and flexibility. This program is designed to be added as a supplement to your current workout program which can either replace the running in your program all together or you add this program to your present program upping the mileage per week to a higher level.

Naturally that choice is yours and would only recommended adding this program to your present program ONLY if you have been running at least 15-20 miles a week.

When running daily or several times a week – you must follow all stretches thoroughly and do each of them for at least 15 seconds each...This should take only 5:00-10:00 but it is very important not to miss stretching before and after running workout...

Nutrition and weight training:

Can you lose weight and lift weights?

Absolutely, losing weight is the same science as gaining weight except in reverse. As long as your cardio and weight lifting routine burns more calories than you eat, YOU WILL LOSE WEIGHT! It is that simple. It is never a good idea to starve yourself, especially if you are trying to exercise - you will need the energy provided in your food. The tricky thing is to watch the calorie intake and try to keep the calories down to 1500-1800 calories a day. That means more salads, water, and lean meats. Lay off the high carbohydrate foods like breads, pastas, and

potatoes –AND JUNK FOODS!!! Below is a list of foods you want to eat to lose weight:

Foods that will assist with losing weight:

1% or skim milk	
Light Salad dressing	Lean Burgers (no cheese)
Bran Cereal	Yogurt
Small dinner roll	Turkey sandwich
Ham Sandwich	Pretzels
Broth based soup	Lean Tenderloin Steak
Ice Milk	No skin Chicken
Lean Ham Steak	Fish
Green leafy lettuce	Tomatoes
Onions	Cucumbers
WATER	WATER

These are a few foods that can be eaten often and in large quantities. In order to lose weight the body will need water and oxygen (cardiovascular exercise) in order to burn fat as an energy source. Keeping your caloric intake low will enable the exercise to really kick in and create the caloric deficiency you need to lose weight.

Stretching to build flexibility in the torso and legs:

Here is how to burn calories and build muscle:

The Stretching Program

Increasing one's flexibility should be the first goal before starting fitness / athletic activity. Increased flexibility has been proven to aid in blood circulation, prevention of injuries, increased speed, and range of motion. A 5-10 minute stretching program after your workout will help to break up the soreness especially if you are doing a new exercise. This is because stretching aids in significantly reducing the amount of lactic acid that remains in your muscles after working out.

Follow the stretching chart before and after your workout. Hold these stretches or do these movements for at least 15-20 seconds each:

Neck stretch (yes/no)
Neck/Shoulder Stretch.
Tricep/Lat Stretch (half moon)
Stomach Stretch
Lowerback Stretch
ITB / Hip
Hamstring Stretch
Thigh Stretch
Calf Stretch

Stretching and Warming Up and Cooling Down

Run or bike for 5:00 minutes prior to stretching at the beginning of the workout. Stretching is a major part of warming up and cooling down. After working out, the best way to reduce muscle fatigue and soreness and prevent injuries is to perform a light cool-down and stretch. A cooldown and warmup is defined as:

Brief cardiovascular activity like biking, running or swimming. Usually 5-10 minutes of this activity is a good warm-up or warm down.

Static stretching: Holding these stretches for 15-20 seconds is the best way to end your workout. Do not bounce when performing these stretches and inhale deeply for three seconds, hold for three seconds and fully exhale. Do this twice per stretch. This will take you to the 15-20 second time minimum for holding these stretches for optimal results.

Neck Stretch

Turn your head to the left, right, up and down, as if you were nodding "yes" and "no". Do this stretch slowly. Do not raise, lower, or rotate your neck too much or you may cause neck injury.



Triceps into Back Stretch - Place both arms over and behind your head. Grab your right elbow with your left hand and pull your elbow toward your opposite shoulder. Lean with the pull. Repeat with the other arm.



This stretch not only prepares you for the dumbbell triceps exercises, pushups, and dips, but also prepares the back muscles for pull-ups and the lowerback for running! This is a very important stretch for upper body exercises and swimming.

Stomach Stretch - Lie on your stomach. Push yourself up to your elbows. Slowly lift your head and shoulders and look up at the sky or ceiling. Hold for 15 seconds and repeat two times.



As you may know, the lower back is the most commonly injured area of the body. Many lower back problems stem from inactivity, lack of flexibility, and improper lifting of heavy objects. Stretching and exercising your lower back will help prevent some of those injuries.

Thigh Stretch Standing - Standing, bend your knee and grab your foot at the ankle. Pull your heel to your butt and push your hips forward. Squeeze your butt cheeks together keep your knees close together. Hold for 10-15 seconds and repeat with the other leg.(You can hold onto something for balance if you need to OR you can lie down on your hip and perform this stretch.



Hamstring Stretch #1 - From the standing or sitting position, bend forward at the waist and touch your toes. Keep your back straight and slightly bend your knees. You should feel this stretching the back of your thighs.



Lower back Hamstring stretch #2 – Spread your legs while standing.. Drop your chest down to your knees and place your hands on the floor. Hold for 10 seconds, then try to straighten the legs.



Hurdler Stretch - Sit on the floor with your legs straight in front of you. Bend your right knee and place the bottom of your foot on the inside of your opposite thigh. With your back straight, lean forward in order to stretch the back of your legs and your lower back. Hold the stretch for 15 seconds, switch legs, and repeat.



ITB Stretch - Sit on the ground with your legs crossed in front of you. Keeping your legs crossed bring the top leg to your chest and bend it at the knee so that your foot is placed outside of your opposite leg's thigh. Hold your knee for 15 seconds against your chest and repeat with the other leg.



Note: Before and after running or rucking you should perform this stretch. This will help prevent very common overuse injuries in the hips and knees.

Calf Stretch into Achilles Tendon Stretch - Stand with one foot 2-3 feet in front of the other. With both feet pointing in the same direction as you are facing, put most of your body weight on your leg that is behind you - stretching the calf muscle.



Now, bend the rear knee slightly. You should now feel the stretch in your heel. This stretch helps prevent Achilles tendonitis, a severe injury that will sideline most people for about 4-6 weeks.

Descriptions of the PT / weight exercises

Only LEG PT is added for Run / PT workout

Lower body Exercises

Squats - Keep your feet shoulder width apart. Drop your butt back as though sitting in a chair. Concentrate on squeezing your glutes in your upward motion. Keep your heels on the ground and knee over your ankles. Your shins should be vertical at all times. Extend your buttocks backward. Do not keep your buttocks over your feet and extend your knees over your feet. Works the gluts, quads, and hams.

The 1/2 squat - Intensify your squat by doing 1/2 squats. While in the full squat position, hold the pose and push yourself up and down within a 6" range of motion....just like riding a horse.



Walking Lunge - The lunge is a great leg exercise to develop shape and flexibility. Keep your chest up high and your stomach tight. Take a long step forward and drop your back knee toward the ground. Standup on your forward leg, bringing your feet together and repeat with the other leg. Make sure your knee never extends past your foot. Keep your shin vertical in other words. Muscles used: quadriceps, hams, and gluteus.



Stationary Lunge - Take a big stride forward. Bend both knees as you lower yourself so your front thigh is near parallel to the floor. Lift yourself up so your knees are straight but your feet have remained in the same position. If you have bad knees either avoid the lunge exercise or only go half way down.

Lunges with weights - Only do the stationary lunges with weights. It is easier on the knees than the walking lunges. Simply hold the weight out to your side with your arms relaxed. Do at least 10 repetitions with each leg.

Heel Raise (with weights too)

Hook one foot behind the other and raise up on your toes. Make certain you use a full range of motion. It won't take long to make this burn. Muscles used gastrocnemius and soleus. (single leg heel raise)



You can also hold a weight in your hand if you want a little more resistance and keep both feet on the floor exercising both calves at the same time with less weight distributed per calve. You can also point your toes in as if you were pigeon toes and point them out like you were walking like Charlie Chaplin to change the angle of how you work the calve muscle.

Bent Knee Heel Raise - Lift your heel off the floor, this time bend your knees slightly. This will isolate the soleus, which is responsible for jumping higher and starting your sprints. (Calve Exercises)

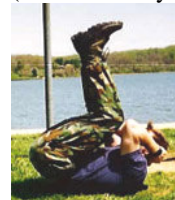
Abdominal workouts as resting exercises in between RUNNING

When you exercise your stomach muscles, make sure to exercise and stretch your back also. The stomach and lower back muscles are opposing muscle groups and if one is much stronger than the other, you can injure the weaker muscle group easily.

Advanced Crunch - (Legs up) - Lie on your back with your feet straight in the air. Keep your legs straight up in the air for the advanced crunches. Cross your hands over your chest and bring your elbows to your knees by flexing your stomach. (Do not do if you have previous lower back injury – place feet on the floor)



Reverse Crunch - In the same position as the regular crunch, lift your knees and butt toward your elbows. Leave your head and upper body flat on the ground. Only move your legs and butt. (Do not do if you have previous lower back injury)



Double Crunch – Add the regular and reverse crunch together in one motion... You will feel this one twice as fast...



Right Elbow to Left Knee - Cross your left leg over your right leg. Flex your stomach and twist to bring your right elbow to your left knee.



Left Elbow to Right Knee - Cross your right leg over your leg. Flex your stomach and twist to bring your left elbow to your right knee.

Running will affect the lower back – Make it flexible / strong:

Lower Back Exercise - Lie on your stomach with your arms extended over your head. Lift your right arm and your left leg off the ground at the same time and repeat for specified number of repetitions. Switch arms/legs and repeat.

Lower Back Exercise - Swimmers - Lie on your stomach and lift your feet and knees off the floor by flutter kicking repeatedly as if you were swimming freestyle.



Upperback exercise #1 (Arm Haulers) - Lie on your belly with your feet on the floor. Lift your chest slightly off the floor and wave your arms from your sides to over your head for 30 seconds.



Upperback exercise #2 - (reverse pushups) - Lie on your stomach in the down pushup position. Lift your hands off the floor instead of pushing the floor. This will strengthen your upperback muscles that oppose the chest muscles. Rear deltoids and rhomboids are the muscles used



Upperback exercise #3 - (Birds) Lie on your stomach with your arms spread to the height of your shoulders. Lift both arms off the floor until your shoulder blades “pinch” and place them slowly in the down position. Repeat for 10-15 repetitions mimicking a bird flying.



Situps - Lie on your back with your arms crossed over your chest, keeping your knees slightly bent. Raise your upper body off the floor by contracting your abdominal muscles. Touch your elbows to your thighs and repeat.



The first 3 weeks of the chart on the next page has you running 5 days a week in addition to your current workout program. As stated in the introduction – you can use this in replacement of the running in your present plan or add to your present program to really pump up the running mileage per week...

The five days you choose to run do not have to be Mon-Fri – you select your run days but take ONLY 2 days off per week...

GOAL PACE – if the words “goal pace” appears after your distance run – this means if your goal is to run a 1.5 mile in 9:00 which is a 6:00 mile or 90 seconds $\frac{1}{4}$ mile – do the math and figure out the time for that distance at your goal pace

WEEK 3 – is non-impact week – only swim, bike, walk, or elliptical glide...no impact on legs – rest legs

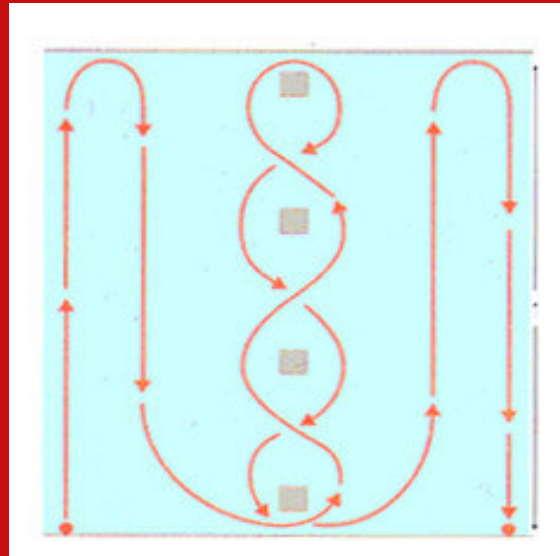
WEEKS 1-3

<p><u>Day 1</u> Run 5:00/ stretch Repeat 5 times ¼ mile – goal pace Crunches – 50</p> <p>See charts below: Agilities x 5 each M, Box, and sprint drills Run 2 miles easy</p>	<p><u>Day 2</u> run - 5:00 / Stretch Repeat 5 times Run timed– 400m or ¼ mile lunges – 20 per leg Jog Slow 200m or 1/8 mile squats – 20</p> <p>Repeat 10 x’s each Sprints 10 yd, 20,yd, 40 yd stretch</p>	<p><u>Day 3</u> <u>Long Distance run</u></p> <p>Run 5:00 / stretch</p> <p>30 minutes non-stop at 1- 2:00 off goal mile pace</p>	<p><u>Day 4</u> Long run Leg Day</p> <p>Run total 4 miles mixed stop every 5:00 to do leg PT Squats – 20 Lunges 10/leg</p> <p>IL agility test – see below x 3 Leg Power Box Drills x 2</p>	<p><u>Day 5</u> *Warm up with 250 crunches Repeat-10 times lower back exercises 1/8 mile goal pace</p> <p>Field sprint drills: 20,40,60,80,100yd x 3 each rest by walking back to the starting line</p>
<p><u>Day 1</u> Repeat 5 times 5:00 run or bike 1:00 squats 1:00 lunges each leg 1:00 calves</p> <p>Run 1 mile timed</p>	<p><u>Day 2</u> Run 1 mile timed Stretch PT day</p> <p>Optional Swim / bike - 30:00 AND Agilities M, Box, and sprint drills X 5 of each</p>	<p><u>Day 3</u> Run 10:00 / stretch repeat 5 times run ¼ mile at goal pace walk 200m</p> <p>Repeat 5 times run 1/8 mile sprint walk 100m</p> <p>jog 10:00 / stretch</p>	<p><u>Day 4</u> Long Run / Leg Plyos</p> <p>Run total 4 miles in under 36:00 – shoot for under 30 if advanced</p>	<p><u>Day 5</u> Run 5:00 / Stretch Repeat 5 times Run - ¼ mile goal pace Jog ¼ mile slow</p>
<p><u>Day 1</u> *Warm up with 250 crunches bike or swim 45:00 stretch legs</p> <p>Bike Pyramid: Life Cycle Levels 5,7,9,10,12,14,16 – repeat in reverse order for 1:00 at each level = 14 minutes</p>	<p><u>Day 2</u> *Warm up with 250 crunches</p> <p>Swim – Hypoxic pyramid Strokes per breathe = 2,4,6,8,10 x 100m each and repeat in repeat order = 1000m total Bike 30:00 fast / Stretch</p>	<p><u>Day 3</u> *Warm up with 250 crunches</p> <p>Long Bike or Swim</p> <p>1 HOUR as far as you can get in one hour</p> <p>Stretch</p>	<p><u>Day 4</u> *Warm up with 250 crunches Bike or Elliptical Glide Pyramid Levels on manual mode 4,6,8,10,12,14,16,18 – repeat in reverse order for 2:00 each level = 36:00</p> <p>Stretch</p>	<p><u>Day 5</u> *Warm up with 250 crunches Run 1.5 or 2 mile timed run – test legs after week of rest...</p> <p>Stretch All ab exercises listed – 50 reps each</p>

<p><u>Day 1</u> run - 5:00 / Stretch Repeat 4 times run ½ mile at goal pace Walk 1:00 Run ¼ mile at goal pace Walk 2:00</p> <p>Stretch All ab exercises listed – 50 reps each</p>	<p><u>Day 2</u> run - 5:00 / Stretch</p> <p>Repeat 5 times Run 10:00 fast Squats – 25 Lunges 20 / leg</p> <p>Stretch</p>	<p><u>Day 3</u> <u>Long Distance run</u></p> <p>Run 50 minutes non-stop – distance - _____?</p> <p>Stretch</p> <p>All ab exercises listed – 50 reps each</p>	<p><u>Day 4</u> Warmup - 5:00 / Stretch</p> <p>swim 1500m hypoxic pyramid OR</p> <p>bike 1 hour on manual mode increasing levels every 5:00</p> <p>or run 10 by ¼ mile runs at goal pace – rest 1:00 in between</p>	<p><u>Day 5</u> run - 5:00 / Stretch</p> <p>Timed run 1.5 mile run Or 2 mile timed run</p> <p>Leg PT: Repat 4 times Squats – 20 / Lunges 20/leg Run ¼ mile at goal pace</p> <p>All ab exercises listed – 50 reps each</p>
<p><u>Day 1</u> run - 5:00 / Stretch</p> <p>Repeat 8 times ¼ mile at goal pace Rest 1:00 Repeat 4 times ½ mile at goal pace Rest 2:00</p> <p>Stretch</p>	<p><u>Day 2</u> WARMUP - 5:00 / Stretch</p> <p>Swim, bike or elliptical glide <u>1 hour</u> using pyramids of choice</p> <p>All ab exercises listed – 50 reps each</p>	<p><u>Day 3</u> run - 5:00 / Stretch</p> <p>Distance Run</p> <p>60 minutes of running</p> <p>distance - _____</p>	<p><u>Day 4</u> run - 5:00 / Stretch</p> <p>1 mile repeats:</p> <p>Repeat 4 times 1 mile timed run walk ¼ mile</p>	<p><u>Day 5</u> run - 5:00 / Stretch</p> <p>SWIM – 30:00 BIKE 30:00 RUN 1.5 MILES TIMED OR 2 MILES TIMED</p>
<p><u>Day 1</u> run - 5:00 / Stretch</p> <p>Repeat 10 times ¼ mile sprints at goal pace rest with 1:00 walk</p>	<p><u>Day 2</u> run - 5:00 / Stretch</p> <p>Repeat 8 times ½ mile sprints at goal pace rest with 2:00 walk</p>	<p><u>Day 3</u> run - 5:00 / Stretch</p> <p>1.5 mile easy jog</p> <p>1.5 mile sprint at goal pace</p> <p>1.5 mile easy jog</p> <p>1.5 mile fast as you can</p>	<p><u>Day 4</u> run - 5:00 / Stretch</p> <p>Swim 30:00 or Bike 30:00</p> <p>Elliptical glide 30:00</p>	<p><u>Day 5</u> run - 5:00 / Stretch</p> <p>Timed Run – 1.5 mile or 2 mile run</p> <p>6 Week progress: 1.5 mile time _____ 2 mile time _____</p>

OPTIONS: Four drills to assist with agility

Agility Test - The Illinois Agility Test is a challenging 15-20 seconds test that requires the students to run fast, stop quickly, change directions, and move the body from a laying position to a running stride as quickly as possible. The course is 30 feet long and 15 feet wide. Place four cones 10 feet apart at the 7.5 ft. line and the first and fourth cone at the zero and 30 ft line. A picture is worth a 1000 words.

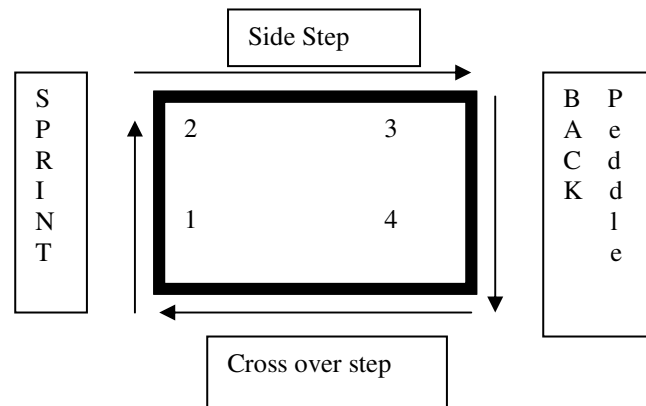


Start

Finish

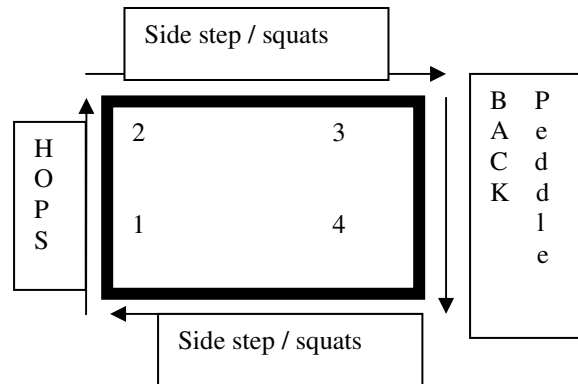
CONCEPTS

- **20 yard Box drills** – set up two boxes with four cones -
- Have group start at the first cone and sprint to the 2nd cone, side step to the third cone, back peddle to the 4th cone, and cross over step back to the 1st cone.

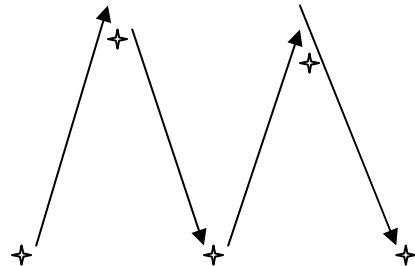


- Stay low and start in a three point stance or standing running stance
- As students get comfortable with drill, have students pivot and turn at each cone

Leg power drills: Keep cones in the same box drill formation. This time have the students start at the first cone in a standing position, then move forward by broad jumping to the 2nd cone, side step squats to the 3rd cone, back peddle to the 4th cone, and finish up with side stepping squats to the starting position.



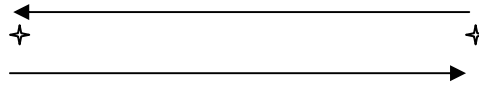
20 yard M Drills – Set cones in an M formation and have students run forward through the cones, but pivoting and changing directions at every cone.



- Repeat forward running 5 times each student.
- Have students sprint forward AND back peddle through the M drill changing direction at each cone.

* Great ball handling drill for soccer athletes

120 yd Shuttle run: Set up two cones 20 yards apart. Have students lie on their back at the first cone. Blow whistle. Students will now run to 2nd cone, pivot, turn around and run back to the 1st cone. A total of three round trips must occur before students can stop running – this will total 120 yds. This is an actual FBI fitness test and will help you with your agility test:



Additional Reading – Learning about calories to lose weight and gain weight:

Most people who decide to lead a healthier lifestyle go on traditional diets. The truth is, however, that 95% of those who go on such diets fail; what's worse, they often end up in worse shape than when they started.

Diets are both ineffective and potentially harmful; long-term health-oriented programs should replace them.

Low calorie diets, result in muscle loss, in preference to fat so that the most useful tissue is preserved for times of starvation. Fat produces 9 cal of energy per gram compared with only 4 cal per gram produced by your muscle tissue.

However, muscle determines the overall metabolic rate of the body, so if muscle is lost, the metabolic rate will be reduced. This means that when the dieter returns to a normal pattern of eating again, the lower metabolic rate will result in rapid weight gain.

The other problem with having a low level of lean muscle tissue is the feeling of fatigue, when doing simple exercise tasks. The muscles and the liver both store energy supplies, in the form of glycogen.

This situation has developed simply because many people are looking for an easy way to lose weight that delivers quick results. No such approach exists, yet the slimming industry continues to misguide people into believing that fast weight loss can be achieved with minimum effort.

Achieving target weight requires lifestyle changes. These changes include regular exercise, a sensible approach to healthy eating and the right mental attitude.

Why Dieting can make you FATTER

The conventional approach to dieting is a disaster. The first mistake is to call a program a “weight loss program”. There are many weight reduction programs, which if followed can produce rapid weight loss.

However, this weight loss is neither sustainable nor healthy as it involves dehydration and loss of muscle tissue.

When you are ill and bed bound similar results are produced in only 48 hours, especially if you have a complaint like food poisoning. How much weight do you think is lost in the form of excess unhealthy adipose fat tissue?

DEHYDRATION

70% of the body is made up of water. It is easy to design a dehydration diet that results in losing 10 lb. of water within several days. Many naive people are encouraged by these rapid results. Simply dehydration by 2-3 % of body weight can result in a 7% drop in physical performance.

LOSS OF MUSCLE TISSUE

If you lose weight too quickly, much of the weight loss will be muscle tissue. It is estimated that when people lose over 2lbs of weight a week, 30-40% of the weight lost will be muscle.

This is a disaster for keeping the weight off in the long term because muscle is five times more active metabolically than fat tissue.

Exercise and Healthy Eating the First Priority

The aim of an exercise program is to lose fat without losing muscle and without reducing metabolic rate. The exercise needs to be customized to fitness level and to specific goal of fat loss.

Together aerobic exercise and resistance training are the ideal combination of exercise to achieve fat loss and it should be part of your lifestyle.

Aerobic Exercise

Aerobic exercise metabolizes calories and raises the metabolic rate. The heart rate needs to be raised to a comfortable level for 20 - 30 minutes at least 3 times per week. By exercising aerobically, calories will be burnt at a rate of 300 + per hour depending on your weight and fitness level.

If you consider that just 1 pound of body fat has approx. 4,100 calories, then you can get a rough idea, of just how long it will take to shed those extra pounds permanently. Look again at how long it took to put them on, normally years or a complete lifetime of your own bodily abuse.

The debate of how hard to work: Personally I recommend that you work at a level that you know that you can maintain for a minimum of 20 to 30 minutes.

The debate comes in, when various fitness bodies suggest training at a high heart rate 75/90 % of max, for short periods or 55/80 % of maximum heart rate for easier longer periods.

I'm no scientist, but I have tried both methods on a number of clients, and have found like most things in life, it may work for one person but not necessary for another.

In short try both methods, unless you are a complete beginner to fitness, in which case I would recommend training at a steady pace for as long as comfortably possible.

Aerobic exercise will also raise the metabolic rate for approx. 24 hours after you have finished training. This helps to burn up extra calories and prevents the metabolic rate declining.

Resistance (or weight) Training

Look in the section on this web site dealing with weight training for guidelines, or speak to a qualified trainer to aid you in both the correct exercises and techniques for yourself.

Inactive people lose about 10 % of their muscle mass every 10 years after the age of 25. However with regular resistance training it is possible to regain this muscle mass.

Resistance training should be carried out 2-3 times per week for approx. 30 minutes. Although not generally effective as aerobic training for burning calories, resistance training will still burn about 250-500 calories per hour and will raise metabolic rate.

Don't feel that by doing weight training that you will develop a body that resembles a body builders, as these men and women spend a great deal of their time as well as strict diets and grueling weight sessions to achieve the physiques that they have.

Another important point is that muscle will not turn into fat, if you stop training. The muscle tissue will naturally break down and shrink in size.

Important point because lean muscle tissue weighs more than body fat, your actual body weight may stay the same, during the early stages of your new lifestyle regime.

Don't be alarmed, the weight will come of, however if it does not, your overall ratio of body fat compared to lean muscle tissue, will certainly be in a healthier ratio.

Try and avoid using the scales, unless they can monitor your body fat as well, instead measure your body at various points e.g. your hips, chest, stomach and thighs. Using an item of clothing is also a good way to measure yourself, as with a bit of time and dedication, you will find that the clothing fits you properly.

Healthy Eating

Good nutrition is very important for fat loss, and focusing on health and health promoting foods is far more productive than focusing on fat loss and denial of favorite foods.

Adopting a whole food diet, avoiding salt, fat, sugar, additives, preservatives, processed and refined foods, needs to become part of a life style change.

By increasing natural foods with a high fiber and water content (fruit and vegetables) more food can be eaten to appease the appetite without gaining weight.

A whole food diet also has a much higher vitamin and mineral content than a typical diet containing processed and refined foods. Dieting is such a negative term – I like to think of it as “eating to lose weight.”

The following charts compare the caloric value and expenditure values of different foods and activities respectively. It is important to realize just how much work is required to burn off certain foods. For instance, to burn the amount of calories in a chocolate chip cookie, it requires a person to walk vigorously for over 20 minutes. A cookie has a caloric value of 110 calories. A person must walk for a 20 minute time period to burn off that one cookie.

Below are others foods and activities to better drive home the seriousness of watching your calories: